We need to step up to Trump's brazenly created crisis and show the world what Canada stands for metroVIEWS

Ottawa metro

Your essential daily news | TUESDAY, JANUARY 31, 2017

High -7°C/Low -11°C Partly cloudy

More Trump resistance? Stranger Things have happened
metroLIFE

WILL TRUDEAU WALK HIS TALK?

Monday was a day for all leaders to vouch to stand shoulder-to-shoulder with the Muslim community — ours did not

POLITICS

Chantal Hébert

The Prime Minister comments on the Quebec City mosque shootings in the House of Commons in Ottawa, Monday.
THE CANADIAN PRESS

Even as Canada's federal leaders were addressing the House of Commons to express their solidarity with the country's grieving Muslim community on Monday, the White House's press secretary was arguing that the murderous attack on a Quebec City mosque was "a terrible reminder of why the president is taking steps to be proactive, not reactive" on national security.

Little of course could be further from the truth. If one were to connect dots between the shooting that left six dead in a Quebec mosque and Donald Trump's entry ban on citizens and refugees from a number of Muslim-majority countries, one would find a community that is having a target painted on its back by the world's most powerful elected leader.

It is a connection whose acknowledgment does not come easily to Prime Minister Justin Trudeau or, for that matter, to much of Canada's political class. Monday was a day for all leaders to vouch to stand shoulder-to-shoulder with the Muslim community. It will take a while to see how far they are willing to walk their talk.

But by all indications, whistling past the graveyard will only work for so long.

In dealing with the Trump administration, Trudeau has wanted to believe that actions will speak louder than words; that they will in fact act as a substitute for speaking out.

In the face of questionable moves by the incoming American administration, he and his government would refrain from taking stances in a manner that could be construed as seeking a frontal collision with the White House. But they would stick with charting a distinct and contrary course for Canada.

On that basis, Trudeau would tweet to commend the hundreds of Canadians who took part in post-inauguration marches in support of women's rights in the United States but not make a peep about the White House's moves to make it harder for some of the world's poorest women to secure safe abortions.

The prime minister would use social media to showcase his government's embrace of Syrian refugees but offer no opinion about the abrupt suspension of the American participation in the humanitarian operation and the catastrophic domino effect it could have on international resettlement efforts.

Canada would not even beg to differ in public with Trump's outlandish assertion that keeping out refugees, visitors and immigrants including green card holders from some Muslim-majority countries was necessary to keep the U.S. safe from attacks.

Given that we share the same continent, it is hard to think of a government leader better placed to offer a rebuttal of that narrative than Canada's.

But while Trudeau and many others in his government spent the past weekend reaffirming their attachment to Canada's diversity and their determination to continue to enrich it, they all steered well clear of rebutting the premises of the U.S. ban.

That task fell to non-Liberals such as former Conservative immigration minister Jason Kenney. In a series of tweets on Saturday, he described Trump's executive order as "a brutal ham-fisted act of demagogic political theatre" and called on Republicans in the American congress to challenge it.

In a statement issued on behalf of all Canadian universities on Sunday and calling for the ban to be ended immediately, their association pointedly noted that this was an issue "that was too important to stay quiet on."

Asked point blank to address the ban issue in question period on Monday, the prime minister skirted NDP leader Thomas Mulcair's question and stuck to touting Canada's diversity.

The problem with Canada's tongue-biting approach is that some actions speak louder than others especially when they are those of a U.S. administration that is using the office of president as a bullhorn to equate Muslims with security threats.

The refusal to engage beyond the very narrow scope of securing Canadian exemptions from measures that have negative planet-wide implications leaves the field wide open to those — starting with the new administration — who are only too eager to distort facts for their own purposes.

Surely Trudeau did not see the White House's recuperation of the Quebec City tragedy as fodder for its controversial entry ban coming. Chances are this will not be the last time he is blindsided by his U.S. vis-à-vis.

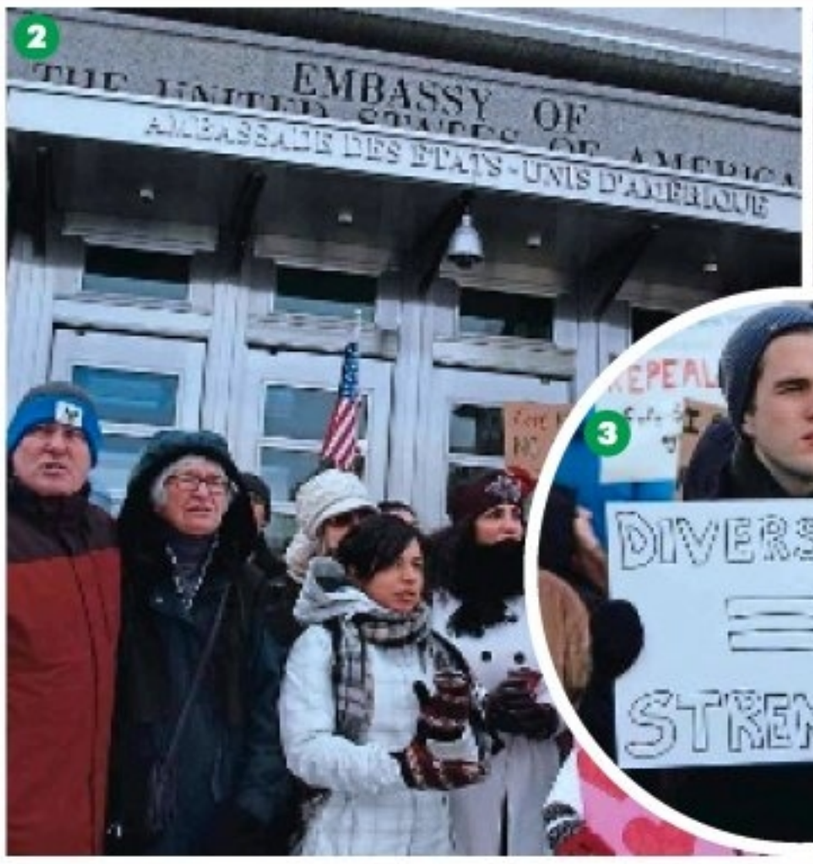
It was always a given that there would be limits to the lengths the Trudeau government could go to in its quest for a transactional relationship with the Trump administration. But few expected those limits to be reached over a matter of little more than a single week. And yet they have.

Chantal Hébert is a national affairs writer.

Inside the life of the Quebec mosque shooting suspect *plus* the nation reacts metroNEWS

metro NEWS
Your essential daily news
Tuesday, January 31, 2017

#DeleteUber
Uber is in hot water for exploiting a taxi protest against the Muslim ban and for its CEO's relationship with Donald Trump. Twitter users are encouraging people to #DeleteUber.



Coming together

ADVOCACY

Trump ban draws large crowd at U.S. embassy protest

Ryan Tumilty
Metro | Ottawa

Protesters gathered outside the U.S. embassy Monday to protest President Donald Trump's travel ban on people from seven Muslim-majority countries.

With chants of "No hate! No fear! Refugees are welcome here!" and "Can't build a wall, hands too small" hundreds spread out in a human chain around the building.

Amira Elghawaby, of the National Council of Canadian Muslims, spoke at the event and said trump's ban was deeply disturbing.

"The idea that a person's religious identity or ethnic identity is enough to determine they are not worth of entering the U.S., that they are somehow suspect, is deeply flawed," she said.

She said the large crowd assembled outside the embassy needed to continue to stand together.

"This is a key moment for all of us, of all backgrounds, to stand together in opposition of such discriminatory policies."

Former Ottawa MP Paul Dewar called on Trump to immediately end the ban, but he also encouraged the Canadian government to suspend a policy that disallows refugee claims from those whose claims have already been rejected in the U.S.

He said it was heartening to see so many people come out.

"I am so inspired by seeing you all of here today. It makes me so proud of our country," he said. "We stand together against those who want to divide us."

1 A young girl stands outside the U.S. embassy during a protest of the Trump administration's Immigration ban. RYAN TUMILTY/METRO

2 Protesters create a human chain around the U.S. Embassy. RYAN TUMILTY/METRO

3 A protester holds a sign at the protest outside the U.S. Embassy. RYAN TUMILTY/METRO

4 Protesters link arms to encircle the around the Embassy of the United States on Sussex Drive in Ottawa on Monday. The hundreds-strong crowd was demonstrating against the Trump administration's travel ban. HALEY RITCHIE/METRO

5 A large crowd listens to speakers at a noon rally outside the U.S. embassy on Monday. RYAN TUMILTY/METRO

VOICES AT THE RALLY: DEMONSTRATORS SPEAK OUT ON THEIR PARTICIPATION

I've been to demonstrations in the past but I've never seen so many people come out so quickly to mobilize .

Salahuddin Rafiquddin, 25, University of Ottawa student

This isn't about picking a fight on trade, it's about stating our principles on human rights and on refugees.

Paul Dewar, former MP for Ottawa Centre

I am here because I want to show fellow Canadians and fellow human beings that they are not alone.

Baraa Arar, 19, student

I'm ... Jewish, and my family would (have) all been dead — they would (have) died in the holocaust — if they hadn't come to the U.S.

Ariela Summit, U.S.-born and permanent resident in Canada

The sign says 'Kids are not terrorists.'... Trump is making a wall and it makes me feel sad, it makes you feel bad.

Samara Stibock, 8, student

COMMUNITY REACTS

Friends, not fear: Imam

Adam Kveton
For Metro | Ottawa

In Ottawa, and likely across the country, an outpouring of sympathy is running alongside speculation over motives in reaction to the Quebec City shooting.

Six are dead and almost 20 are wounded, some critically, after gunmen fired on men on the ground floor of a mosque in Quebec City on Sunday night.

While the attack has made real the fears of Muslims in Ottawa and elsewhere in Canada, a local imam is encouraging people not to isolate themselves, but to find support in their neighbours, friends and fellow citizens who continue to support them.

"I think it's important for people to feel supported and to support one another, because we are all in this together," said Imam Sikander Hashmi of the Kanata Muslim Association.

Ottawa's Muslim community is still reeling from the news of the attacks, Hashmi said, and with many waiting to find out who is responsible and why.

"We did sort of have this fear in the back of our minds" that something like this could happen, he said, but those fears had been tempered by the belief that "we live in Canada. Nothing like that happens here. But, unfortunately it did."

Hashmi also said that the members of the community should attempt to find strength in their shared history.

"We've been through stuff together in the past and we've always come together with our friends and neighbours, our fellow citizens."

BY THE NUMBERS

6

Six people following a shooting at a Mosque in Quebec City.

20

Almost 20 people were injured during the incident.

Hateful words often precede awful deeds

COLLINS' CAPITAL

Steve Collins

After sustaining two attacks on different fronts, last week's targeted travel ban imposed in the U.S., and Sunday's mass murder at a Quebec City mosque, Ottawa's Muslims might understandably be looking around for a friendly face.

The place to see a thousand or so of those was outside the U.S. Embassy here yesterday, where demonstrators got together to resist the former outrage and mourn the latter.

Some ugly weeks, you can't hear the chant, so obvious it shouldn't even need saying, of "No hate, no fear, refugees are welcome here," too many times. (Not to mention the Trump-skewering "Can't build a wall! Hands too small!")

The urge to build walls didn't begin with President Trump, as the embassy itself bears witness. The downtown fortress, surrounded by metal fencing and security bollards, watched over by cameras and other surveillance gear, evokes to me the sort of Green Zone compound you'd erect in the capital of some war-wracked failed state, not a stable, democratic ally of a century and a half.

There's a plaque, safely behind that fence to the memory of the victims of 9/11, which is proper, but no reminders of how immigrants made America (and Canada) great, or how very wrong both our nations have been every time they tried to shut people of a certain colour, creed or country out.

You don't, after all, get many refugees from nice places. As Somali writer Warsan Shire's poem, Home, read at yesterday's rally, reminds, "[Y]ou have to understand/that no one puts their children in a boat/unless the water is safer than the land."

But here we go again.

"This past week has been a flurry of signatures on unlawful, punitive, discriminatory, bigoted executive orders that have launched a war on refugees and have formalized a policy of anti-Muslim discrimination in the U.S. government," Amnesty International's Alex Neve told the crowd.

He pointed out that anyone arriving at a Canada-U.S. border crossing would be denied a refugee claim here because we've designated our neighbour a "safe" country. Neve thinks it's time to rethink this designation.

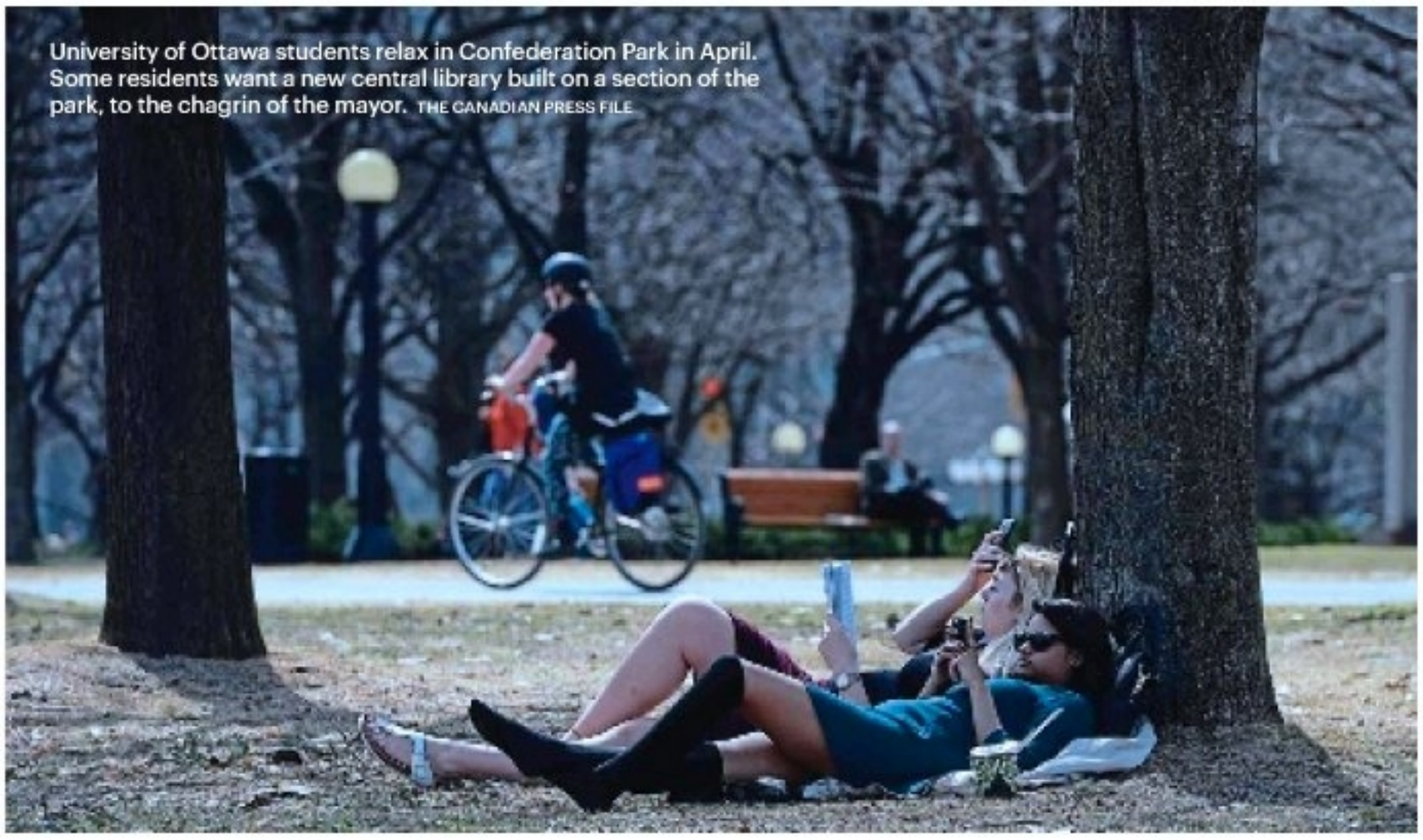
It's too early, and it may ultimately be impossible, to link official reinforcement of Islamophobia, like the American travel ban on nationals or dual nationals seven majority-Muslim countries, to individual hate like Sunday's atrocity in Quebec.

That didn't stop a White House spokesperson, in the up-is-down, alternative fact manner to which we're already growing accustomed, from bizarrely using the massacre as justification for that administration's policies.

"It's a terrible reminder of why we must remain vigilant, and why the president is taking steps to be proactive, rather than reactive, when it comes to our nation's safety and security," Sean Spicer said, but it's more likely the other way around.

Even without the state's help, too often the hateful word precedes the unspeakable deed. Last July, someone left a pig's head at the Centre Culturel Islamique de Quebec. On Sunday night the haters brought death.

Ottawa, you'll recall, had its own spate of hate graffiti on places of worship last fall. The young offender charged with these crimes is still awaiting trial. Hate speech is taken seriously because it's so seldom the end of the conversation.



University of Ottawa students relax in Confederation Park in April. Some residents want a new central library built on a section of the park, to the chagrin of the mayor. THE CANADIAN PRESS FILE

Mayor trashes idea of library in park

URBAN PLANNING

Watson takes to Twitter to dismiss plan

Adam Kveton
For Metro | Ottawa

If you're wondering why people are trying to #saveconfedpark, here's what you need to know.

The idea to put the new central library in Confederation Park was floated at a public meeting at city hall and supported in a recent op-ed piece in the Ottawa Citizen, despite the fact that the site is not one of the 12 that the Ottawa Public Library board considered, or that the board has recommended 557 Wellington St.

Most recently, a group called Bookmark The Core posted a YouTube video on Jan. 27 that seemed to support the Confederation Park idea, sparking a strong reaction on Twitter after.

"Architects and residents are arguing that the new library be built at Confederation Park, using about 20 per cent of the park land," a voiceover on the video says.

The next day, Mayor Jim Watson tweeted disagreement.

"Concern by public that some advocates want to tear up Confed Park to build library! I will NEVER take scarce greenspace away from Centretown," he wrote, appending the first instance of the #saveconfedpark hashtag.

> **I will NEVER take scarce greenspace away from Centretown.**
> Mayor Jim Watson on Twitter

The library board will meet today in hope of reaching a decision on the Wellington Street site recommendation.

Bookmark The Core co-chair Emilie Taman calls Watson's efforts an attempt to manipulate or stifle public debate about the project.

"Mayor Jim Watson has now tried to turn this into a Confederation Park-versus-elsewhere debate," Taman said, adding the video was meant to show 557 Wellington's shortcomings and to suggest sites like Confederation Park should have been discussed.

Watson said in an interview that he went out of his way to oppose the Confederation Park idea on Twitter because he's concerned that the library decision might be held up for the sake of a site that won't work.

"It's not even our land. It's NCC land," he said, adding the NCC is not interested in giving any of it up.

ECONOMY

Builders don't see a rebound soon

Ryan Tumilty
Metro | Ottawa

Ottawa home builders aren't optimistic they'll see a better 2017 after several years during which a shrinking public-service workforce weakened the local housing market.

John Herbert, executive director of the Greater Ottawa Home Builders' Association, said they hope 2017 shows a rebound, but they're not optimistic.

"We're hoping it is a better year," he said. "The past couple of years have been pretty tough."

According to Hebert, housing starts in 2015 were, at 4,972 units, the lowest since 2005 and a 25 per cent decline from 2013. He said that while the final numbers are not in, they don't expect 2016 to be much better.

Hebert said job cuts in the federal government that began under the Conservative government spooked the local economy.

He said things haven't really changed under the Liberals.

"There was some hope that the federal government might restore some of the lost positions, but that does not appear to be happening," he said. "It really undermined consumer confidence for all large capital items, not just homes."

He said the upside for consumers is that new home prices won't increase significantly as long as this climate exists.

"We used to see six, seven, eight per cent annual increases. We are down to 1.5, maybe two per cent."

PUBLIC BROADCASTING

No cable or Internet? No TVO

Haley Ritchie
Metro | Ottawa

As of July 31, TVO is ending over-the-air transmissions in areas outside Toronto due to financial constraints, making it unavailable to Ottawa residents who rely on an antenna.

"It was pretty disappointing, especially that they will be shutting down everything but leaving the Toronto one intact," said Steven Reed, an Ottawa resident. "I understand most people get it through cable or satellite but for me it is disappointing that we support it with taxes and won't have access to it for free."

While the public broadcaster's channel will remain available for those paying for cable, the decision upsets those in Ottawa who use an OTA (over-the-air) antenna.

Reed moved his family back to Ottawa in December and enjoyed having access to TVO.

"We just had a son born in October and over the next few years having that high-quality, educational children's programming was going to be really good for us," he said.

The decision will save the company $1 million. In a statement CEO Lisa de Wilde said most customers access the content from cable, direct-to-home satellite or online. But Ottawans are still upset.

"This is very disappointing to hear," said Bradley Horner, another TVO viewer in Ottawa with young children.

"TVO is the only channel we watch in my house. The last thing I want to do is struggle with the TVO website."

QUEBEC MOSQUE SHOOTING

Suspect faces six counts of murder

Alexandre Bissonnette studied at Université Laval

Quebec police have charged Alexandre Bissonnette with six counts of murder in connection to a shooting rampage at a mosque that left six dead and 19 injured.

Bissonnette, 27, is also facing an additional five counts of attempted murder, according to documents filed at the Quebec City courthouse.

He is expected to appear in court shortly.

After initially saying they had two people in custody in connection with the shooting rampage, Quebec police — in a surprising reversal from their morning press conference — now say there is only one suspect.

He appeared in court around 6 p.m. looking disheveled as he stood beside a guard in a glass prisoner's box. The prosecutor said they had not yet been given all the evidence and the matter was called back to court Feb 21.

The second man they had considered to have carried out the deadly assault, which authorities are calling an act of terror, is now a witness, Surete du Quebec said in a tweet Monday afternoon.

Bissonnette studied at the Université Laval, according to a statement released by the university late Monday. He was a student in the department of political science and anthropology, according to Jean-Claude Dufour, Dean of the Faculty of Agriculture and Food Sciences.

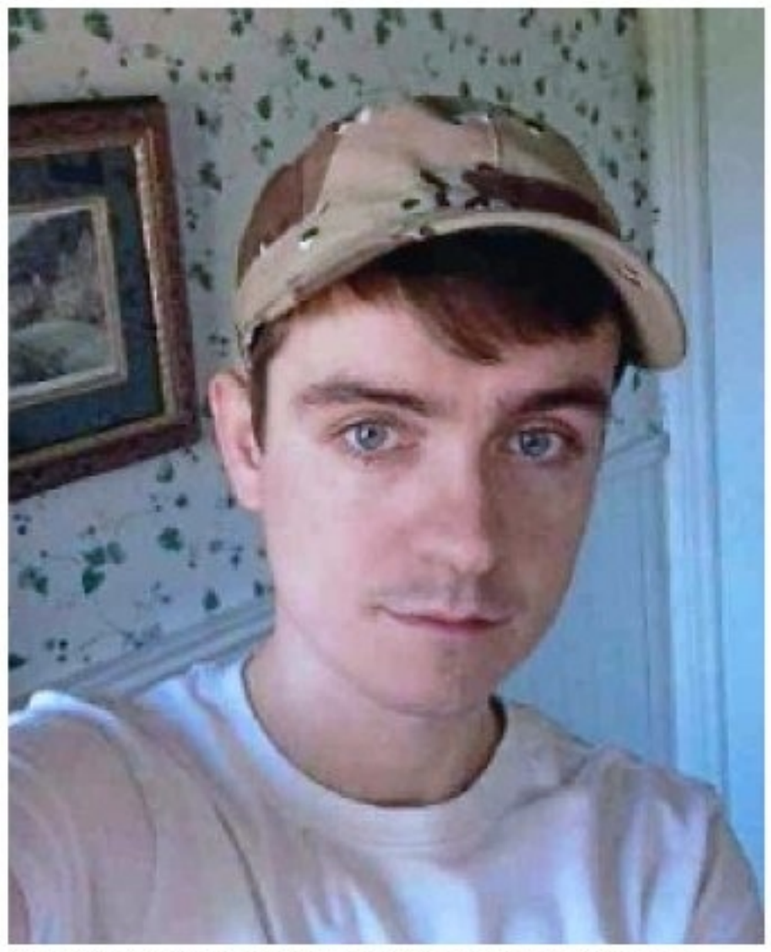
He was on both the Sainte-Foy and Université Laval chess club with his twin brother, said Université Laval professor Jean Sévigny, who said he knew Bissonnette and his brother through the club.

"I can only give you the impression I had and that was that he seemed, he gave the impression of being a very good person," said Sévigny, who last remembered seeing him in the fall of 2015.

Bissonnette's Facebook profile was deleted at some point on Monday, but an archived screenshot of his Facebook page showed he "liked" a wide range of pages, including those of U.S. President Donald Trump, far-right French politician Marine Le Pen, and atheist scientist Richard Dawkins. He also "liked" several different video games, chess clubs and organizations at Université Laval, as well as the federal NDP.

The horror that started just as Sunday evening prayers ended left six people dead and another 19 injured — two critically with significant injuries "mainly to the abdomen," a spokesperson for Centre Hospitalier Universite Laval said. The rest have been treated and released.

Police said there were another 39 people inside the Cultural Centre of Quebec's Grand Mosque as Sunday prayers ended. That's when two individuals said to be wearing ski masks and carrying firearms burst into the building and opened fire on the worshippers, according to witness accounts. The victims, all male, ranged in age from 35 to 60 years. TORSTAR NEWS SERVICE



Alexandre Bissonnette faces multiple counts of murder in connection to a shooting at a mosque that left six dead and 19 injured. FACEBOOK.COM

Remembering the victims

Details are emerging of some of the six victims of the Quebec City mosque attack.

1 **Azzedine Soufiane** — The father of three was a grocer and butcher. Local imam Karim Elabed described him as a longtime Quebec City resident who helped guide newcomers. Ali Ouldache said Soufiane was really someone who really loved Quebec — a true Quebecois.

2 **Khaled Belkacemi** — Universite Laval confirmed Monday that Belkacemi, 60, was one of their own and a professor in the food science department. Retired Universite Laval professor Hani Antoun described Belkacemi as a valued colleague and respected scientist.

3 **Abdelkrim Hassane** — Another father of three who was identified by friend Ali Hamadi. Hamadi said he left the mosque before the shooting and that Hassane, 41, was killed. Hamadi said Hassane worked in IT for the government.

THE CANADIAN PRESS

VALORIS

pour enfants et adultes de Prescott-Russell

OFFRES D'EMPLOI

Postes cliniques

TROIS (3) INTERVENANTS – ACCUEIL
Postes permanents syndiqués – Embrun et Rockland (P17-01)
Horaire : 35 heures par semaine.
Salaire : 47,573 $ à 72,354 $

TROIS (3) INTERVENANTS – ACCUEIL/PROTECTION
Contrats de durées variées (12, 14 et 24 mois) – Région de Prescott-Russell (C17-01)
Horaire : 35 heures par semaine.
Salaire : 47,573 $ à 72,354 $

UN (1) INTERVENANT – DÉVELOPPEMENT ADULTE
Poste permanent syndiqué – Rockland (P17-02)
Horaire : 35 heures par semaine.
Salaire : 42,185 $ à 68,052 $

Postes résidentiels

DEUX (2) AGENTS D'INTÉGRATION – FOYER DE GROUPE
Poste permanent syndiqué – Rockland (P17-03)
Contrat de 14 mois – Embrun (C17-02)
Horaire : 38 heures par semaine.
Salaire : 41,465 $ à 51,951 $

DEUX (2) PRÉPOSÉS AUX SOINS ET SOUTIEN PERSONNEL
Postes permanents syndiqués – Rockland (P17-04)
Horaire : 38 heures par semaine.
Salaire : 35,268 $ à 40,282 $

DEUX (2) PRÉPOSÉS DE NUIT
Postes permanents syndiqués – Embrun et Rockland (P17-05)
Horaire : 38 heures par semaine.
Salaire : 33,055 $ à 38,976 $

UN (1) AGENT D'INTÉGRATION – ACCOMPAGNATEUR
Poste permanent syndiqué – Embrun (P17-06)
Temps partiel, moyenne de 24 heures ou moins/semaine.
Taux horaire : 19,11 $ à 21,83 $

Postes administratifs

UN (1) SUPERVISEUR DES ARCHIVES ET COMMUNICATIONS
Contrat de 14 mois – Plantagenet (C17-03)
Horaire : Temps plein, flexible, selon les besoins.
Salaire : 64,325 $ à 91,866 $

UN (1) SECRÉTAIRE DE GESTION
Poste permanent non-syndiqué – Hawkesbury (P17-07)
Horaire : 35 heures par semaine.
Salaire : 44,216 $ à 56,460 $

Autres postes

UN (1) CHAUFFEUR D'AUTOBUS
Poste permanent syndiqué – Région de Prescott-Russell (P17-08)
Temps partiel, moyenne de 24 heures ou moins/semaine.
Taux horaire : 18,37 $

TROIS (3) RÉCEPTIONNISTES SUR APPEL
Postes permanents syndiqués – Région de Prescott-Russell (P17-09)
Temps partiel, sur appel.
Taux horaire : 19,10 $ à 24,56 $

Les candidats retenus seront évalués au niveau du bilinguisme écrit et oral, et ce, à travers les étapes du processus de sélection. Veuillez noter que l'exigence de base pour occuper l'ensemble des postes énumérés ci-dessus est de détenir un permis de conduire valide. Le salaire est déterminé au moment de l'embauche, selon l'expérience ainsi que l'éducation du candidat.

Pour obtenir de plus amples renseignements sur les offres d'emploi, veuillez consulter notre site internet, **www.valorispr.ca**. Veuillez acheminer votre demande d'emploi en précisant le numéro de concours, au plus tard **le 3 février 2017, 16 h**, par courriel, à **emplois-jobs@valorispr.ca**.

Agence bilingue située à mi-chemin entre Ottawa et Montréal.

Nous remercions tous les postulants, toutefois, nous communiquerons seulement avec les candidats retenus.

White House uses shooting to defend executive order

In the face of protests, lawsuits, internal grumbling, an international backlash and a partial climb-down, the Trump administration used Sunday's deadly Quebec City mosque attack to defend its travel ban on seven majority-Muslim countries.

White House spokesman Sean Spicer began his daily briefing with the news that the president had offered Prime Minister Justin Trudeau his country's condolences, prayers, and any law-enforcement help Canada might need.

Then came a political point — one that seemed oblivious to the fact that in the case of Quebec City, it was the targets who were Muslim, not the alleged perpetrator.

Sean Spicer GETTY IMAGES

"It's a terrible reminder of why we must remain vigilant. And why the president is taking steps to be proactive, not reactive," Spicer said Monday. He later made clear he was, in fact, making the link to the executive order on travel, which specifically targets travel from primarily Muslim countries in the Middle East.

Asked about the executive order, he went back to his earlier remark: "As I said in the statement, the president is going to be very proactive in protecting this country… That's the key point in this — how do we get ahead of threats? How do we keep America ahead of the curve?"

THE CANADIAN PRESS

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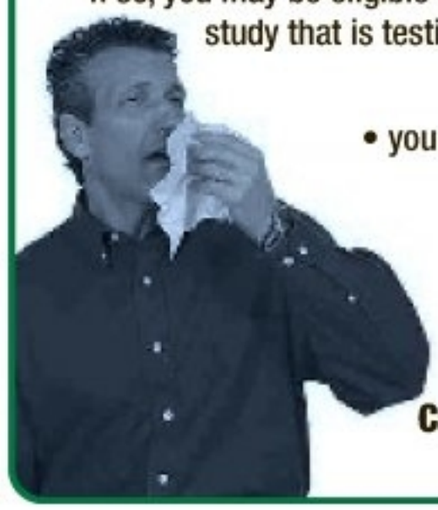

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QUEBEC MOSQUE SHOOTING

Canadians spring to action

Across the nation, the shooting in Quebec City was met with horror and condemnation as Canadians rallied together in a strong show of support for the Muslim community. METRO CANADA

HALIFAX:

In the hours following Sunday night's fatal mosque shooting in Quebec City, Rana Zaman found herself comforting a daughter scared to be Muslim.

"My daughter (a university student) and I had this horrible conversation where she felt she was really frightened, she couldn't sleep and she said she was afraid of being a Muslim," Rana Zaman said in an interview on Monday.

"I had to hide my own inner fear. I had actually been crying a lot that night feeling that the one safe haven that I felt was in the world has been taken away from us."

Zaman, a community activist and volunteer, said Halifax's Muslim community has been shaken.

"To be confronted directly so close to home? It's a terrifying prospect."

TORONTO:

Members of Toronto's Muslim communities are responding to the attack at a Quebec mosque with messages of unity, hope and optimism.

"We have to focus on what is good," said Omar Falasteen, a Ryerson engineering student and one of the organizers of a Monday vigil to mourn and express solidarity with families affected by the violence.

"These acts of terrorism don't only target Muslims. They target Christians, Jews, blacks ... We just need to continue to support each other."

WINNIPEG:

Mayor Brian Bowman condemned Sunday's deadly attack on a Quebec City mosque.

"We stand united and in solidarity with our friends from the province of Quebec, including those who subscribe to the teachings of Islam," Bowman said at a press conference on Monday afternoon. Bowman also expressed his support for Muslims in Winnipeg.

CALGARY:

There was shock and sadness across Calgary Monday, after the lives of six men were taken suddenly mid-prayer in the Centre Culturel Islamique de Québec.

A vigil in Montreal for victims of the shooting at a Quebec City mosque. THE CANADIAN PRESS

In Calgary, citizens stood together at vigils in solidarity against acts of terrorism and violence, candles in hand.

"You want to let the victims know, and people who attend the mosque as well that you're there for them, and you won't stand for this," said Canadian Cultural Mosaic Foundation CEO Iman Bukhari.

But this wasn't just a Muslim-Canadian vigil. Bukhari said members from the Chinese, Jewish, a Syrian group and the LGBTQ community had come forward against the murders.

EDMONTON:

Ayesha Sohail always thought she was safe while praying, but the shooting at a Quebec City mosque Sunday changed her feeling.

"What am I supposed to think now?" said Sohail, the president of the Muslims Students' Association at the University of Alberta.

Ahmed Abdulkadir, executive director of the Ogaden Somali Community of Alberta Residents, said Monday he was now looking over his shoulder when going to the mosque.

Meanwhile, Aurangzeb Qureshi, spokesperson for the Alberta Muslim Public Affairs Council, said the organization would be taking steps to prevent similar attacks in Edmonton.

VANCOUVER:

Vancouverites reacted with horror and condemnation to Sunday night's deadly attack on worshippers in a Quebec mosque.

The fears raised by the terror attack were sharply felt by Muslims and their allies across the country.

"It was extreme sorrow, my heart went out to the victims and their families," said Vancouver lawyer Hasan Alam. "I felt overwhelmed, because we as a Canadian Muslim community, and a North American Muslim community, have dealt with so much in the context of Trump and this past weekend the trauma of his Muslim ban ... To have the trauma of losing six people in our community so horrifically at the hands of someone, that was even more traumatic."

Prime Minister Justin Trudeau and Liberal MPs stand for a moment of silence for the victims of the Quebec City mosque shooting in the House of Commons on Monday. THE CANADIAN PRESS

Partisanship forgotten in moment of political unity

Canadian political leaders stood in the House of Commons Monday united first in words then silence to denounce violence and appeal for unity in the wake of Sunday's Quebec City mosque massacre.

As the Canadian flag on the Peace Tower flew at half-mast, Prime Minister Justin Trudeau condemned the "despicable act of terror last night in Quebec City."

Trudeau said a "group of innocents" were "targeted for practising their faith."

"Make no mistake, this was a terrorist attack," said Trudeau. "It was an attack on our most intrinsic and cherished values as Canadians; values of openness, diversity, and freedom of religion."

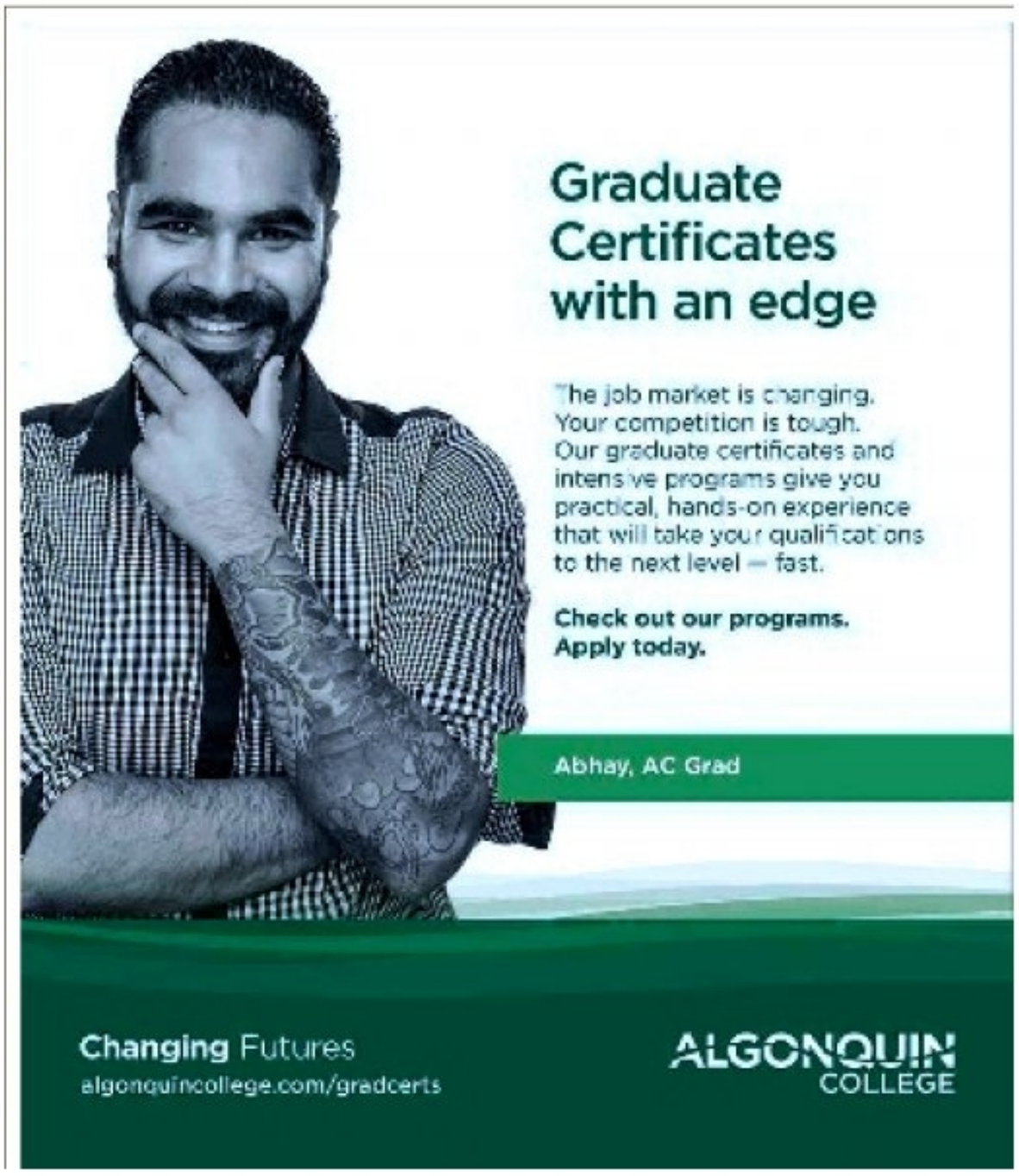
Public Safety Minister Ralph Goodale said, "This was an act of extreme violence directed against a particular group with the clear intent to intimidate and harm that group and to strike fear in their hearts. In the definition in broad terms of terrorism, they were trying to inflict terror. And that fits the definition."

Yet in the face of the American administration's leap to suggest the Canadian attack justified its extraordinary weekend immigration freeze and airport detention orders that affected travelers from seven predominately Muslim countries, Goodale asserted "we don't have sufficient hard facts yet to be able to draw conclusions about motivation and the exact nature of this violent act."

Trudeau's tough talk and calls for unity were echoed by four other Opposition party leaders. They all spoke after Quebec provincial police announced only one of two persons arrested Sunday night was a suspect and the other merely designated a witness.

Trudeau's government faces its most challenging days since the 2015 election in the wake of the stunning attack, sweeping airport detentions south of the border, and loud calls for Canada to step up and denounce U.S. President Donald Trump's moves on immigration, security and trade.

TORSTAR NEWS SERVICE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Donald Trump's administration: *Muslim ban*

Discord and dissent deepen in White House

GOVERNMENT

Acting attorney general says ban may not be lawful

Acting Attorney General Sally Yates, a Democratic appointee, directed Justice Department attorneys not to defend President Donald Trump's controversial executive refugee and immigration ban, declaring Monday that she was not convinced that the order was lawful.

Her directive was likely to be temporary, given that Sen. Jeff Sessions, Trump's pick for attorney general, will likely move to uphold the president's policy. Sessions is awaiting Senate confirmation.

Still, Yates' abrupt decision deepened the discord and dissent surrounding Trump's order, as some in Trump's administration and fellow Republicans distanced themselves from the policy.

Protesters demonstrate across the street from the U.S. Capitol on Monday in Washington, DC. GETTY IMAGES

At least three top national security officials — Defence Secretary Jim Mattis, Homeland Security Secretary John Kelly and Rex Tillerson, who is awaiting confirmation to lead the State Department — have told associates they were not aware of details of directive until around the time Trump signed it. Leading intelligence officials were also left largely in the dark, according to U.S. officials.

Tennessee Sen. Bob Corker, the top Republican on the Senate Foreign Relations committee, said that despite White House assurances that congressional leaders were consulted, he learned about the order in the media.

"They should either get with the program or they can go," Spicer said.

The blowback underscored Trump's tenuous relationship with his own national security advisers, many of whom he met for the first time during the transition, as well as with the government bureaucracy he now leads. While Trump outlined his plan for temporarily halting entry to the U.S. from countries with terror ties during the campaign, the confusing way in which it finally was crafted stunned some who have joined his team.

U.S. officials and others with knowledge of the cabinet's thinking insisted on anonymity in order to disclose the officials' private views. THE ASSOCIATED PRESS

REFUGEES

'Maybe the U.S. is no longer a safe country'

Gilbert Ngabo
Metro | Toronto

Many advocates are adding their voices to mounting calls for Canada to start accepting American refugees in the wake of Donald Trump's Muslim ban.

"Maybe the U.S. is no longer a safe country," said Mary Keyork, a Toronto immigration lawyer. "A developed nation is saying all these Muslim people from these Muslim countries are bad people, and they don't deserve to come here. That's just wrong and it creates fear and violence."

Refugee advocates are pressuring the federal government to rescind the Safe Third Country Agreement, which prevents Canada from giving refugee status to Americans seeking asylum.

No One is Illegal, a Toronto group that advocates for immigrants and refugees, has started a petition calling for the agreement to be scrapped. Nearly 30,000 have people signed.

The Canadian Civil Liberties Association has included scrapping the agreement in a list of demands being circulated to MPs.

Even before Trump's executive order banning people from seven predominantly Muslim countries, Keyork said individuals "were being questioned and red-flagged."

"Now, it's become a complete violation of their rights," she added. "That travel ban left me mortified, deeply hurt and scared."

The Canadian government has extended an offer of temporary residence permits for people who were stranded here when Trump's order came down Saturday. But, nothing has been said about how people looking to relocate here permanently will be handled.

Jenny Kwan, the NDP's immigration critic, has called for the House of Commons to have an emergency debate today on the travel ban.

Keyork said her office has received emails about families, students and workers considering a move to Canada since Trump was elected.

metro VIEWS
Your essential daily news
Tuesday, January 31, 2017

STEP UP

Feeling helpless? Don't stand by, step up. Here's the **Metro guide** to fighting Islamophobia and anti-refugee sentiment in your community.

MARCH

Showing up to support local groups demonstrating against Islamophobic policies and showing solidarity with refugees really counts: Showing up shows you care. Social media is the best way to find gatherings near you.

SIGN

The Canadian Civil Liberties Association has drafted a script people can use to ask their MP to act regarding the recent U.S. travel ban. Specific demands include increasing the number of refugees accepted by Canada this year and suspending the Canada-U.S. Safe Third Country Agreement. You can find it at **ccla.org**.

JOIN

Another great way to take action is to **invest your time**. There are plenty of community and non-profit groups that are working to end Islamophobia and racism, some which have been toiling away for years and others that have sprung up in response to recent waves of hate.

REFUGEE 613 is a coalition of different groups that work to help refugees through the resettlement process and help the established agencies working to bring more people to safety in Canada. The group has volunteer opportunities and accepts donations.

MEET

Get out of your comfort zone, expand your social network and try to reach out to people who don't look like you or share your views. You can start by introducing yourself to someone at a march, if you choose to attend.

SUPPORT

Homeful. ca is a website that connects people in the Ottawa area with clothes and household items to give away with refugee families who need them.

GOT AN IDEA?

Metro's on the hunt for stories about the ways people are taking action and waging love to fight the political climate of hate. Tweet us with the hashtag **#WageLove** or **email angela.mullins@metronews.ca**.

We should take Syrians and graduates the U.S. has rejected

HALIFAX MATTERS

Tristan Cleveland

Trump has brazenly created a crisis. It's time for Canada — and Trudeau — to step up and respond by demonstrating what our country stands for.

Trump's ban represents the most repugnant form of xenophobia, the kind that justifies disrupting thousands of lives — and putting many at risk — without a gram of evidence it will help anything or anyone.

Now, after his implied endorsement of hatred towards Muslims, six Muslims are dead in Quebec. Whatever this murderer's motivations or inspirations, it is a reminder that pandering to hate is reckless, dangerous and evil.

We must confront this evil and demonstrate Canada will not abide by official bigotry.

Our Prime Minister took an important first step by tweeting, "To those fleeing persecution, terror & war, Canadians will welcome you, regardless of your faith. Diversity is our strength."

Trudeau, if you mean that statement, offer to bring the Syrian refugees the United States has already vetted and accepted to Canada. Trump has inflicted chaos with a stroke of a pen. We must respond with equally decisive action.

And that's only the start. A cohort of recent graduates in the United States from those seven countries will have their green card applications arbitrarily rejected in the next three months because of this ban. We should offer to expedite their applications to Canada and welcome that talent.

Politicians and Canadians alike should also reaffirm loudly that we will not put up with anyone peddling hatred to get an easy ticket to political success. The danger is real. Xenophobic heads of state have been elected in Hungary and Poland. France risks electing one this year. Across Europe, extreme-right parties are growing in size and influence.

Let's take pride in the fact that Harper tried to use hatred to stir up support and that it backfired. Let's dust off the idea that multiculturalism is the basis of our sense of self, because the more it defines who we are, the less vulnerable we will be to appeals to small-minded bigotry.

We are no racial utopia, but reaffirming multiculturalism is exactly the bulwark we need against politically convenient hatred. Let's send a clear message to any politician feeling inspired by Trump: Don't you even think about it.

Thousands of good people have had their lives torn apart because one smug, small-minded man has too much power. Let's take action to help fix this mess and remind ourselves and the world what kind of country Canada is.

Tristan Cleveland is an urban planner columnist with Metro Halifax.

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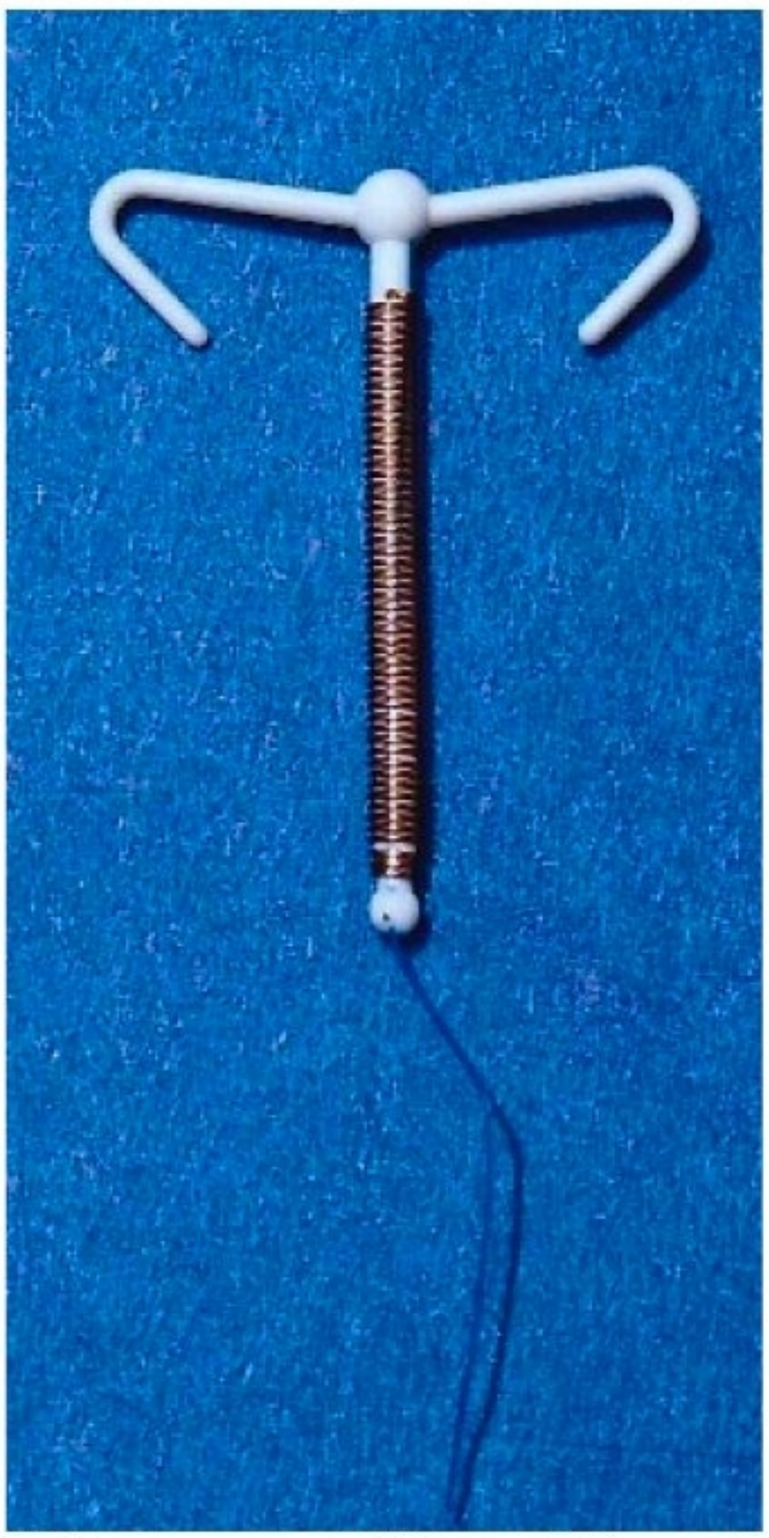
metro LIFE

Your essential daily news

Games, crafts and other simple activities may help stave off mental decline, a study finds



Both the copper and hormonal IUD can last 3 to 10 years and are acceptable for both women who have given birth, and those who haven't. CONTRIBUTED

The rise of the IUD

With Obamacare threatened, the U.S. is seeing a jump in women seeking long-term birth control. Precarious employment has women in Canada doing the same, experts say. TORSTAR NEWS SERVICE

In the lead-up to the inauguration of U.S. President Donald Trump, American women warned each other their access to birth control under Obamacare was at risk.

On social media, many women advised getting an IUD. The intrauterine device is a small, T-shaped piece of plastic or copper inserted through the cervix into the uterus by a doctor and provides highly reliable birth control for years at a time.

Under Obamacare, women could obtain one without paying out of pocket, along with other forms of FDA-approved birth control. If Congress repeals the Affordable Care Act — something Trump has already begun to set in motion — an IUD could cost American women as much as $1,000, according to Planned Parenthood. Without what's known as the "birth control mandate," many women may suddenly find it difficult to access birth control pills each month.

It seems some of those women turned to the IUD. According to data from 2,500 doctor's offices across the U.S. compiled by AthenaHealth and published by Vox, clinics in both Democrat and Republican counties saw a 19-per-cent spike in IUD procedures from October to December last year. The data suggest no such increase was observed in 2015.

Experts say something similar happens in Canada when women are faced with losing their health insurance or benefits.

The pill and the IUD are covered by some benefits plans — Sun Life, Great-West Life and Morneau Shepell may cover IUDs, depending on the arrangement with employers — and when women switch jobs or age out of their parents' coverage they often turn to IUDs, experts say.

"Definitely, definitely, we see that," said Dr. Erika Feuerstein, clinic physician and education director at the Bay Centre for Birth Control at Women's College Hospital. "When insurance is about to expire, women ask for an IUD because it was covered under their plan."

Because Canada lacks a national pharmacare system, about one quarter to one third of women do not have access to free birth control because they neither have workplace benefits nor qualify for a drug plan through social assistance, said Sandeep Prasad, executive director of Action Canada for Sexual Health and Rights, formerly the national Planned Parenthood agency, not directly linked to the U.S. organization.

That means they often choose less-effective birth control methods, such as condoms, which are about 82-per-cent effective with typical use, rather than a highly effective method such as the IUD, because of its high upfront cost.

The copper IUD costs up to $63 and the hormonal IUD costs up to $380 at Planned Parenthood Toronto. The most common form of birth control used by Canadian women remains the pill, but IUD use has been on the rise. The pill is about 90-per-cent effective with typical use and the IUD is 99-per-cent effective. According to data collected by Canadian health information company QuintilesIMS, prescriptions for the hormonal IUD brands Mirena and Jaydess have increased 46 per cent from 116,478 in 2011 to 170,061 in 2015.

Usage varies: the copper IUD is cheaper and desirable among women who are motivated to avoid synthetic hormones, but can make periods and cramping more intense. The hormonal IUD, which releases a progestin, is more expensive and can cause side-effects similar to the pill but can make periods much lighter.

McMaster University gynecologist Dr. Dustin Costescu estimates up to 5 per cent of Canadian reproductive-age women are now using an IUD, a figure that had hovered around 1 per cent for years. He also notices patients, especially students and young women entering a precarious workforce near the end of their insurance or benefits coverage, seek long-term birth control.

"Other women might see, when issues of coverage come up, that it may be beneficial to maximize their benefits," he said. "It wouldn't surprise me if other women start thinking about, as their coverage expires, an option that (prevents pregnancy) in the long term."

HORMONAL OR NON-HORMONAL

The copper IUD
99 per-cent effective; $54-$63 at Planned Parenthood

Pros:
- Reversible and forgettable
- May be suitable for women who cannot take estrogen
- Lessens the risk of endometrial cancer

Cons:
- May increase blood flow, pain and cramping during periods
- Some pain or discomfort during insertion

The hormonal IUD
99 per-cent effective; $306-$380 at Planned Parenthood

Pros:
- Reversible and forgettable
- May lead to lighter or absent periods
- Improves symptoms of endometriosis
- May be suitable for women who cannot take estrogen

Cons:
- May lead to spotting
- May cause hormonal side effects such as bloating, breast tenderness, acne, headaches and mood issues
- Some pain or discomfort during insertion

JOHANNA SCHNELLER **WHAT I'M WATCHING**

Harbouring fierce resistance

THE SHOW: Screen Actors Guild Awards (Global)
THE MOMENT: David Harbour's manifesto

Near the end of a night of speeches decrying Donald Trump's U.S. immigration ban — from, among many others, Julia Louis-Dreyfus (best actress, Veep), Emma Stone (best actress, La La Land) and Mahershala Ali (best supporting actor, Moonlight) — Netflix's Stranger Things wins best drama series, and the cast storms the Shrine Auditorium stage.

David Harbour, who plays police chief Jim Hopper, begins reading a full-on, balls-out speech, calling the award "a call to arms from our fellow craftsmen and women to go deeper, and through our art, to battle against fear…by revealing intimate truths to remind folks that when they feel broken and afraid, they are not alone."

As the crowd rises, and his child co-stars jump up and down beside him, and his adult co-star Winona Ryder makes bug-eyed reaction faces for the ages, he builds to a crescendo: "We will repel bullies. We will shelter freaks and outcasts…We will get past the lies. We will hunt monsters. And when we are at a loss amidst the hypocrisy and casual violence of certain individuals... we will punch some people in the face when they seek to destroy the weak and the marginalized and the disenfranchised."

While @realDonaldTrump is wrapping up the strangest, most aggressive first week in U.S. presidential history, Hollywood is using its awards season platform to double down on its liberalism. First Meryl Streep's speech at the Golden Globes, then the pussy-hatted winners at Saturday's Producers Guild Awards, and now Harbour's barn-burner. Can't wait to see the rally at the Oscars.

WATCH THE SPEECH ON THE METRO NEWS APP

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Stranger Things cast members roar on David Harbour's stirring speech at the SAG Awards. CHRIS PIZZELLO/INVISION/AP

When the gym routine gets boring

With their own gyms crowded thanks to the onslaught of "January Joiners," Metro's **Melita Kuburas** and **Colin McNeil** decide to try some alternative fitness options. Breaking up the ol' routine has its upside...

1 What: Daybreaker — 6 a.m. Dance Party

Sweat factor: Medium
Price: $$
Would return: Definitely

A handful of people are crowded outside the entrance of a club on King Street West. The dress code is a mix of patent platform shoes, neon tights, sneakers and glitter.

It's 5:45 a.m. and no, this isn't the spillover from a rave the night before: We're here for a yoga class and dance party before everyone shuffles off to work for the day.

Inside The Spoke Club, a guy in Hammer pants with international flags on them checks the guest list on his phone. "Boom! You're in!" he shouts.

As people pile in, it quickly becomes hard to find room for a yoga mat. "There's space for one more human here," the instructor says, motioning in front of a DJ near the stage.

After an hour of easy yoga — sun salutations before the sun has even come up — we skip Savasana and instead partner up with a stranger to try the double chair pose for a little friendly competition with the rest of the approximately 150 people in the room.

After rolling up my mat I cheers with a shot of cold-brew coffee with my partner, grab a bottle of water and start dancing.

The music was a mix of EDM and pop, and surprises included a brass band busting through the dance floor, and the yoga instructor putting on a light show.

Daybreaker started in Brooklyn, and is now held in 15 cities around the world (in Canada, this includes Montreal, Toronto and Vancouver is coming soon). Cost varies between $25 to $35, and the next event in Toronto is Feb. 14, with the theme called Love Lockdown.

You'll be buzzing with good vibes all day.

MELITA KUBURAS/METRO

Daybreaker is a dance party that starts before most people begin their morning commute. CONTRIBUTED

2 What: Olympic-style weightlifting

Where: Kanama High Performance, Toronto
Sweat factor: High
Price: $$$$
Would return: Yes

In the dojo-like space at Kanama High Performance, novices and national champions alike dedicate themselves to performing the two movements that make up Olympic weightlifting: the snatch and the clean and jerk.

For anyone not up on their terminology: both involve using explosive strength to bring a weighted barbell from the floor to a static position held over your head, all in one fluid motion.

Even the beginner class at Kanama had a serious, stoic vibe to it.

Surrounded by an open, minimalist gym thick with chalk dust and adorned with multi-coloured bumper plates, the class was a quiet one at first. Silence punctuated by crashing barbells made up the soundtrack until the warmups ended. Then came the music — EDM and trance.

The session I attended was made up of four lifters (including myself), all young men.

Not once during the hour and a half class did the three other students congregate to chit chat or pull out their phones and text. Each one was solely focused on their little square of the gym and their own weightlifting form.

While some at Kanama are training for medals, those in the introductory class are there to learn under coach Rich Davidson — a competitive athlete at the national level.

Davidson first assesses your fitness and mobility level, then works to improve those while building the foundational movements for Olympic lifts.

This means breaking them down to their component movements, and practising those. Think of it like learning individual chords before putting together a song.

Davidson had me use a standard 45 lb Olympic bar with either no additional weight, or just a few 10 lb plates. The idea at first is to fine tune your weightlifting form — not heave enormous amounts of iron to boost your ego.

Cost is $200 to $350 per month, so the class is only for those who are ready to commit to heavy lifting.

COLIN MCNEIL/METRO

The 45-pound bar is much less than Colin McNeil would normally lift, he says, but using proper Olympic form makes it much more difficult to do. IRA LAMCJA/METRO

PARTY POOPER? BALLOONS LINKED TO HEARING LOSS

Research finds balloon pop is unsafe for children

Bill Hodgetts doesn't want to be a party-pooper.

But the University of Alberta researcher has found that noise from bursting balloons can be unsafe for children's hearing.

The audiologist says popping a balloon next to someone's ear is as loud as firing a high-powered shotgun.

The finding is part of a study, co-authored by engineer Dylan Scott, recently published in Canadian Audiologist. Hodgetts says kids typically find popping balloons irresistible, especially at birthday parties, but it may contribute to long-term hearing loss.

He hopes parents will come to consider hearing protection as important as putting sunscreen on their children.

THE ASSOCIATED PRESS

What does your Canada look like?

What is your favourite place in Canada? Is it the street you grew up on, the place where you shared your first kiss, or that secret spot you visit to get away from the hustle and bustle of life? We want to know.

To mark the country's 150th birthday, Metro is launching 150 Postcards, where you get to share your favourite piece of Canada with your friends, neighbours and fellow Canadians. Starting Feb. 1, we will feature one reader's submission each day in Metro across the country, on Metronews.ca and our 150postcards Instagram page. On the Friday before the Canada Day long weekend, the most popular postcards we receive will be printed in Metro.

You can get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you.

You can email us at scene@metronews.ca or post to instagram or twitter with the hashtag #150postcards.

METRO

Welcome to Metro Ages: The Evolution To Senior Living!
Seniors are now the fastest growing age group in the Nation's Capital, and this feature, and the one's going forward, will offer advice in finance, health, relationships and everything in between.

Resources for seniors around the city

Jen Traplin

Support services for those 65 and over are likely to be expanded as the population continues to grow older, and there are already a number of resources for seniors in place throughout Ottawa.

The city operates four seniors centres, which offers recreational programs for older adults. ISTOCK

HEALTH AND SUPPORT SERVICES

City of Ottawa/Ottawa Public Health
ottawa.ca/residents/older-adults
Ottawa Public Health, in collaboration with community partners, offers a number of health and support services and resources for seniors, including exercise programs, fall prevention, help around the home and a list of health care providers.

Ottawa Community Support Coalition (OCSC)
ocsc.ca
OCSC is made up of local member agencies that offer community support services for seniors and adults with disabilities living at home, like day programs, assisted living services, caregivers support, diners' club, home maintenance, respite services and more.

ACTIVITIES AND ENTERTAINMENT

Seniors Centres
The City of Ottawa operates four seniors centres — Churchill Seniors Centre, Heron Seniors Centre, Kanata Seniors Centre and the Nepean Seniors Recreation Centre. These centres offer a range of recreational programs for older adults.

Active Living Club
citywidesportsottawa.ca
The Active Living Club (ALC) is designed for adults (aged 50 and older) who want to enjoy outdoor activities in a safe, healthy and fun environment, including hiking, snowshoeing, cross-country skiing and cycling.

SAVING AT HOME

Ontario Renovates Program
This program provides financial support for home repairs and renovations for those 65 and older. It's open to low income seniors and people with disabilities who own their home, and landlords who want to modify existing units or buildings to make them more accessible.

Senior Tax Deferral
Seniors who own their home and are living on a low income may qualify for one of the City of Ottawa's tax deferral programs. The City offers two programs — Full and Partial Property Tax Deferral — which both allow those who are eligible to defer payment of some or all property tax.

GETTING AROUND TOWN

Accessible Parking Permit
ontario.ca/transportation
People with physical disabilities can apply to the Ontario Ministry of Transportation for an Accessible Parking Permit for both on and off-street parking. Drivers who display the permit are entitled to special parking privileges.

OC Transpo and Para Transpo
octranspo.com
To make boarding easier for seniors or people with mobility issues, OC Transpo buses lower to the curb. They also offer priority seating near the front of the bus (or O-Train) and discounted rates, including free rides on all routes on Wednesdays for those 65 and older and reduced fares on regular routes. Para Transpo's door-to-door service is also available.

More planning needed to help aging-in-place

As people age and begin to face hurdles that may make daily living more difficult, both seniors and those that care for them need to consider a plan for aging-in-place.

Without a plan for the future, unexpected changes can quickly lead to bad situations that are far more difficult to navigate. The best possible scenario for many, is ensuring seniors are able to stay happy at home for a longer period of time.

Aging-in-place is often something people don't think about until an incident forces the issue. There are a number of things to discuss when thinking through a plan for happier and seamless aging. For example; does the senior want to downsize? Do they live in an urban area with accessible transportation? Is the current home a place that can be modified to accommodate changes?

Have an open and honest conversation about everyone's definition of being happy at home. ISTOCK

Everyone involved in this process needs to consider wellness and what is going to make the senior feel happy and safe. And while it may seem like a daunting conversation to have, coming up with an aging-in-place strategy can start with small, simple adjustments:

1. Have an open and honest conversation about everyone's definition of being happy at home. You may be surprised to hear that caregivers and seniors have different perspectives on what a fulfilled senior life looks like. A recent study revealed that caregivers prioritize activity and exercise while aging seniors are looking for meaningful relationships and connection to those around them.

2. Easy-to-use aids like Philips Lifeline are a cost effective addition to aging-in-place. Products and services like the at-home Medication Dispensing Service, GoSafe's mobile pendant with two-way voice capabilities and AutoAlert's fall detection enable longer, independent living. Technology aids of any type are a great way to ensure a feeling of security at home.

3. As daily living for seniors continues to evolve, so do the supports needed both inside and outside the house, and from those that are providing care. In addition to technology aids, larger changes may also become necessary. Happiness in the home will be unique and tailored depending on the person, so it's important to keep in mind there is no one-size-fits-all solution.

NEWS CANADA

THIS SPECIAL REPORT WAS CREATED BY CONTENT SOLUTIONS, INDEPENDENT OF METRO EDITORIAL.

Life Celebrations ✦ Memorials ✦ Catered Receptions ✦ Funerals ✦ Cremations ✦ Burials

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Medical issues? You may need a driving test

SENIOR INDEPENDENCE

What happens when you need extra driver evaluation

Jen Taplin

This kind of driver's test is much different than the one you took as a teenager.

Many older adults with medical issues get a referral by their doctors for a special driver evaluation program.

Occupational therapist Tobi Flewwelling works with anyone aged 15 to 100 who has medical concerns and needs extra testing for their driver's license. Many of the people who go through the evaluation are seniors who have had a stroke, have mild dementia, multiple sclerosis or many other conditions.

It starts with a questionnaire and a physical range-of-motion exercise.

"We want to measure how strong their grip is with their hands and we measure how fast their foot moves from gas to brake," she said.

If people can't operate a standard car, that's not the end of the road. Flewwelling said they have a number of solutions. For example, if someone can't use their right foot, they can get a left foot gas pedal installed.

"And if you can't use your feet, we have hand controls or if you can't hold onto the steering wheel, we have knobs for you to hold on to," she said.

There's also a cognitive test that evaluates thinking skills like scanning, divided attention, and visual perception.

"Once we gather all of that information then we take them on the road."

They go out in a specialized car where the instructor also has a brake pedal and head out to Point Pleasant Park. The driver does a loop in the parking lot and they then take a route through the city depending on the comfort level of the driver.

"We take a break half way through to give them feedback. We want to give them the opportunity to correct any mistakes they're making," she said. "Often people will do things they've been doing for 20 years and they have no idea they were doing it incorrectly."

Some medical conditions mean you'll need to take extra testing for your driver's license. ISTOCK

A REFRESHER

Even older adults who have a clean bill of health can benefit from a driving refresher course.

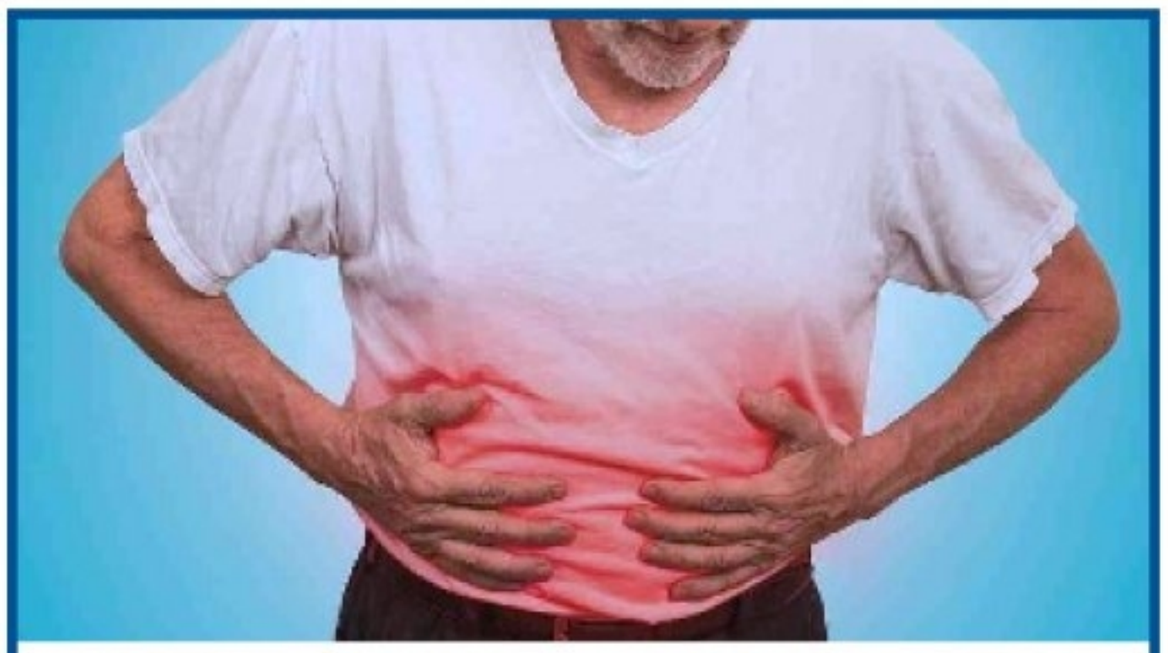
As we age our night vision changes along with our ability to react to glare, Flewwelling said.

"Night time proposes a lot of problems with glare and field of vision," she said.

There are also lots of rule changes throughout the years that are tough to keep up on. Driving schools offer refresher classes for anyone for about $50-$60.

"That's a great thing for anyone to do," Flewwelling said.

> **They have no idea they were doing it incorrectly**
>
> Tobi Flewwelling, occupational therapist



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Tell your stories in a memoir

No matter what age, everyone has a memoir inside them.

Marjorie Simmins is an expert: she took a masters of arts in memoir writing and her second memoir book, Year of the Horse, was released this fall. She also frequently teaches memoir writing workshops.

Memoirs, unlike biographies, capture a single situation in someone's life, not their whole life. Some people who take her workshops have hopes of being published and others want to capture a loved one's stories for the family.

"You don't write a memoir to talk about I, you write a memoir to connect with the world," Simmins said.

Memoirs can be dramatic: tales of heartache, loss, addiction and struggles with careers and/or marriages. But they can also be "absolutely delicious," she said. They can be funny takes on subjects like finding love and breaking up.

Whatever their ideas, Simmins said many of her students are burning with stories they want to tell. Yet some people feel they've led quiet lives and having nothing to write about.

"Quite frankly it all depends on the writing. You can make a trip to the local park an absolutely exquisite essay," Simmins said.

"You may think you've had a quiet, uneventful life or it's not of particular interest to others but I'm here to tell you it all depends on how you record that."

Memoir writing expert Marjorie Simmons says memoirs can be dramatic but also "absolutely delicious" and funny. CONTRIBUTED

The particulars of personal stories are all different but everyone can relate to stories of loss, joy, and connection.

Some people feel intimidated by the written word and think they couldn't be an author.

"I just tell people to believe in the power of their story," she said. "If they have enough interest in a subject to walk through a door and sit down with a whole bunch of strangers (at a workshop)...they really want to share."

MAGGIE JENION

CATHARSIS

When the project comes together, it can be an emotional process going through the fine details of an epic personal event. Marjorie Simmins said she is often asked if memoir writing is cathartic.

"I don't necessarily find it that way but I think a large portion of people find it cathartic to get their version of a story on paper, to look at it and make sense of it, to say 'wow this really happened and I really survived it.'"

metro SPORTS

Joel Embiid, the oft-injured Philadelphia 76ers centre will miss three games this week because of a left knee contusion

Raps lash out at ban

NBA

Lowry and Ujiri baffled and saddened by Trump's order

Kyle Lowry takes great pride in representing Toronto and Canada as a professional athlete, but he is American born and bred and he lashed out at the United States government for its decision to ban refugees from seven primarily Muslim countries.

"I think it's absolutely bulls–," the Philadelphia-born Raptors point guard said Monday afternoon. "I bleed red, white, and blue. I was born and raised there. I have always been taught to treat everyone the same. It's a difficult time for my country right now and it's sad."

As the NBA's lone international team, one led by a Nigerian-born president, the Raptors have long been held as a shining example of inclusiveness. They have a global outlook on issues, and they value the fact they represent a country known as a beacon for refugees seeking better lives. They were dismayed by the weekend actions that led to massive protests less than a fortnight into U.S. President Donald Trump's administration.

For Ujiri, there is little in life of which he is more proud than his work with the youth of his African home. Through his own Giants of Africa foundation and work with the NBA's Basketball Without Borders program, he lives to provide hope and inspiration, opportunity and encouragement to kids. He sees them as the boys and girls who can change the world for the better, and he wants desperately to advance that cause.

I bleed red, white, and blue. I was born and raised there. I have always been taught to treat everyone the same. It's a difficult time for my country right now and it's sad.
Raptors point guard Kyle Lowry

GETTY IMAGES

Masai Ujiri
GETTY IMAGES

He watched with horror and astonishment on the weekend when the government of new American president Trump effectively banned immigration from seven countries, countries where Ujiri has worked to improve the lives of youngsters, countries he cares greatly about.

"I'm finding it difficult to absorb some of this stuff, from the ban to everything that's going on," Ujiri said Monday. "I think it's just ridiculous what's going on out there. We had plan to do a basketball camp in Sudan. When you go and do those things we have kids that come from all over the world.

"Are we lying to those kids when we say we are giving them hope, or teaching them or going to help them grow, or give them opportunity? We're outright lying to them now. I just don't get it. It's mind-boggling."

Ujiri and Lowry are not advocating a borderless world, where terrorists and those bent on destruction are allowed free passage anywhere in the world. They understand the need for protections, and that borders are sacrosanct and not everyone should be allowed to go anywhere they want. But the all-encompassing nature of the ban, the message it sends to those who want to better themselves, the opportunities it denies people, that's what they are lashing out against.

"I understand what the issues are and what the problems are," Ujiri said. "I completely understand that and we do need to pay attention to security, 100 per cent, there is no doubt. But there are ways to deal with people. So, okay, so now we are stopping children that get scholarships to go to college from Sudan? What does that have to do with anything?"

TORSTAR NEWS SERVICE

Families are being torn apart and I worry in the big picture what this means to the security of the world.
Warriors coach Steve Kerr whose father Malcolm Kerr was murdered while he was the American University president in Beirut.

WRESTLING

USA to attend World Cup event in Iran

USA Wrestling said Monday that the U.S. still plans to compete next month in Iran, one of seven Muslim-majority countries whose citizens were temporarily banned from the U.S. by an executive order from President Donald Trump.

USA Wrestling's Rich Bender told The Associated Press that the Americans have "every intention" of travelling to Kermanshah for the men's freestyle World Cup on Feb. 16-17. Bender said the U.S. federation been given assurances from the Iranians that special attention is being given to their applications. The scheduled trip to Iran will be the first major test for U.S. athletes travelling to one of the seven nations affected by Trump's 90-day ban, issued last week.

Iran's senior vice-president Ishaq Jahangiri, through the official IRNA news agency, said that Trump's executive order was "illegal, inhumane and against human rights."

THE ASSOCIATED PRESS

We are extremely disappointed by the ban and feel strongly that it runs counter to the values of inclusiveness that define us as a nation.
Major League Soccer union chief Bob Foose

SOCCER

Most-capped Canuck De Guzman retires

Julian de Guzman arrived on the Canadian national team scene as an afterthought, wearing an ill-fitting hand-me-down shirt. Fifteen years later, he leaves as captain and Canada's most-capped men's player.

On Monday, the 35-year-old Ottawa Fury FC midfielder called an end to a distinguished career that saw him win 89 caps for Canada and play for clubs in France, Germany, Greece and Spain as well as Major League Soccer and the North American Soccer League. "Football has been the love of my life," de Guzman said at a tearful news conference in Ottawa. "It has given me a ticket to explore many countries, different cultures."

The Toronto native will remain in the game as an assistant on manager Paul Dalglish's coaching staff. The Canadian Soccer Association has already tabbed him as a coaching resource, making him part of a young talent evaluation camp last November.

Julian de Guzman.
GETTY IMAGES

"My wish and my dream now is for the future of Canada and the talent that we have," said de Guzman. He captained both Ottawa and his hometown team Toronto FC. But he is best known for his time in Germany and Spain's La Liga, where he played for Deportivo la Coruna.

THE CANADIAN PRESS

MLB

Cardinals punished for hacking Astros

The St. Louis Cardinals were stripped of their top two picks in this year's amateur draft Monday and ordered to give them to Houston along with $2 million as compensation for hacking the Astros' email system and scouting database, the final and unprecedented step in an unusual case of cybercrime involving two Major League Baseball teams.

46
Number of months Chris Correa was sentenced to for hacking.

Baseball Commissioner Rob Manfred also banned former St. Louis executive Christopher Correa for life as he ruled the Cardinals must give the 56th and 75th draft choices in June to Houston. They must pay the Astros the money within 30 days.

Correa, the Cardinals' director of baseball development until July 2015, pleaded guilty in federal court last year to five counts of unauthorized access of a protected computer. He was sentenced to 46 months in prison. THE ASSOCIATED PRESS

IN BRIEF

EPL sexual abuse probe extends to top London teams

The English Premier League's five London clubs are embroiled in the investigation into sexual abuse in soccer.

The Metropolitan Police says it has received 255 allegations connected with 77 individuals at clubs across London.

As well as the five top-flight clubs — Arsenal, Chelsea, Crystal Palace, Tottenham and West Ham — police say six teams across the next three leagues are also linked to the investigation.

THE ASSOCIATED PRESS

Fatigued Nadal to miss Davis Cup action with Spain

Rafael Nadal is taking some time off after his Australian Open final loss to Roger Federer. The Spanish tennis federation said Monday that Nadal has been dropped from Spain's Davis Cup team because of fatigue following his five-set loss to Federer in Sunday's final.

He will be replaced with Feliciano Lopez for next weekend's best-of-five series at Croatia in the first round of the World Group.

THE ASSOCIATED PRESS

Ryan gets pass in Massachusetts

SUPER BOWL

Ire toned down for Falcons QB and Boston College alum

The enemies list is long in New England, and it grows with each tweet that dares to doubt Tom Brady's supremacy or call coach Bill Belichick a cheater.

But there's one opponent who has escaped the fury of the Foxborough, Mass., fans, and even has a considerable amount of goodwill in the heart of New England. In fact, it's hard to find any kind of animosity toward Atlanta Falcons quarterback Matt Ryan, who built his reputation — personally and professionally — at Boston College.

"It's hard to think of anything bad to say about Matt," said former Boston College sports information director Chris Cameron, who was in the athletic department when Ryan led the Eagles to a No. 2 ranking in The Associated Press poll in the middle of the 2007 season.

"I think there are many people at Boston College who are die-hard Patriots fans who are somewhat torn. But I can't think of anyone who will wish any ill will on Matt Ryan."

Peyton Manning is persona non grata in New England because he had the nerve to win a couple of Super Bowls. His original team, the Indianapolis Colts, earned the Patriots' ire for questioning whether the team's footballs were properly inflated in a 2015 playoff game.

The Baltimore Ravens and New York Jets were also sucked into the two-year "Deflategate" scandal, drawing the wrath of the local fans. And don't get the Foxborough Bros started on commissioner Roger Goodell, or on ESPN.

But Ryan is the rare New England opponent who doesn't inspire hatred in the area, even as he prepares to face the Patriots in the Super Bowl on Sunday.

At Boston College, a guard shack displays a poster of "Matty Ice," the nickname Ryan picked up from his Eagles teammates for his ability to remain cool under pressure. In the athletic building, a case is filled with life-sized action shots of Ryan and some of the trophies he won : Johnny Unitas Award, Manning Award, Atlantic Coast Conference Player of the Year.

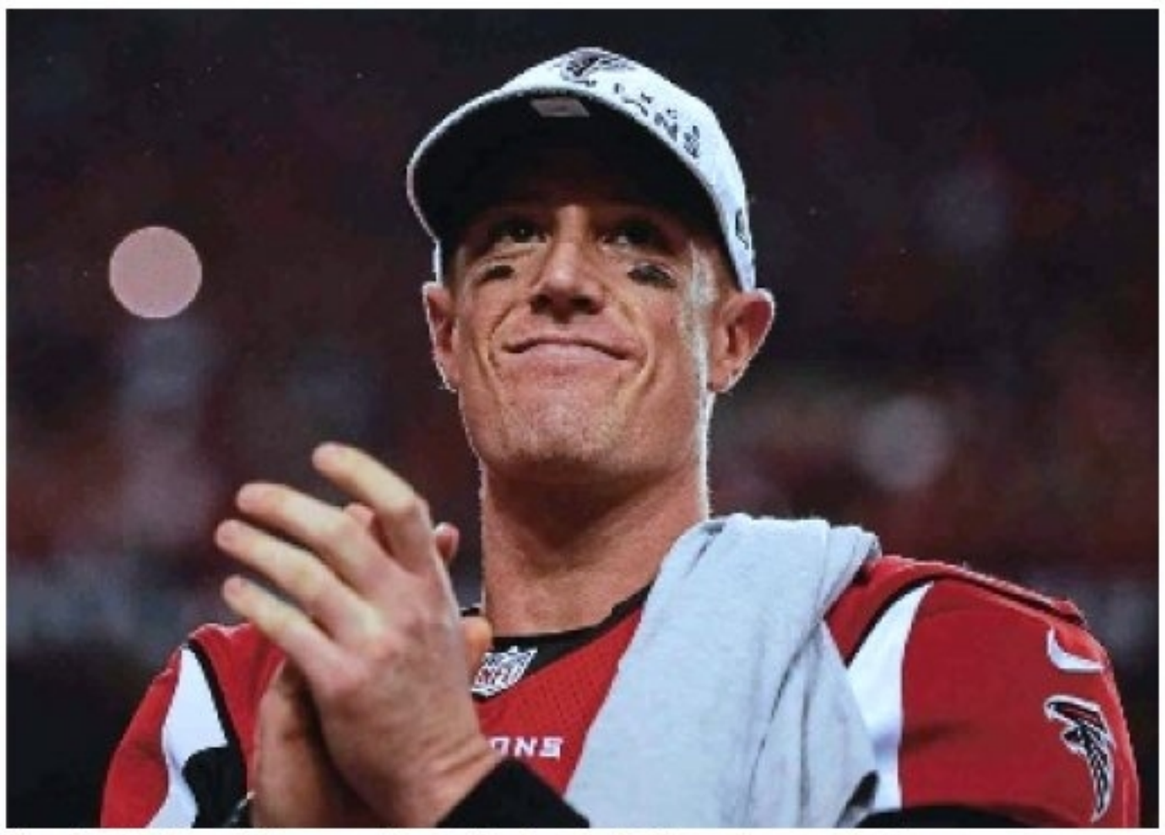
Around campus in the run-up to the Super Bowl, they're telling stories about the humble but talented quarterback who was also a conscientious student and friend.

"He remembers people's names. He's polite to them. There's really no ego there that I've detected, but there's confidence," Cameron said. "He's just a really nice, caring guy. He's just got that 'It' factor."

THE ASSOCIATED PRESS

No. 2

Ryan led Boston College to a No. 2 ranking and finished in the top 10 in Heisman Trophy voting in 2007. BC finished 11-3 and No. 10 in the nation, beating Michigan State in the Champs Sports Bowl.



New Englanders still have a soft spot for Boston College alumnus Matt Ryan.

KEVIN C. COX/GETTY IMAGES

> **To see someone that good of a person succeed at that level would be incredible.** Boston College sports information director Chris Cameron

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MAKE IT TONIGHT

Healthy Cauliflower Cous Cous with Sweet Potato & Brussels Sprouts

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Ready in 40 minutes
Prep time: 10 minutes
Serves 4

Ingredients
- 1 sweet potato, cut into 1/2 inch pieces
- 2 cups Brussels sprouts, quartered
- 1 Tbsp plus 2 tsp olive oil
- 1 head cauliflower
- 1 Tbsp salt, plus 2 tsp
- 1/2 tsp cumin
- 1/4 cup crumbled feta
- 1 pat of butter
- 4 eggs

Directions

1. Preheat oven to 400. In a bowl, toss sweet potato and Brussels sprouts with 2 tsp olive oil and 1/2 tsp salt. On a rimmed baking sheet, in a single layer, spread and roast, stirring once or twice, until golden brown, crisp outside and tender inside, 20 to 25 minutes.

2. Cut cauliflower in quarters and carve out inner core from each quarter. Cut into smaller florets. Transfer to a food processor. Pulse until broken down into cous cous-sized granules. Stir to make sure you don't have any large pieces left. Turn out cous cous into a bowl.

3. Heat a large skillet over medium heat then add 1 Tbsp oil. Add cauliflower to the pan and sprinkle with remaining salt. Add cumin and stir. Cook until tender, about 4 to 5 minutes. Take off heat and set aside. Gather 2 cups of cous cous.

4. In another large frying pan over medium heat, add butter and eggs. Cook a few minutes and cover pan, about 2 minutes. You can either stir together the cous cous and sweet potato mix as well as the feta or divide each amongst four bowls. Top each bowl with an fried egg and serve.

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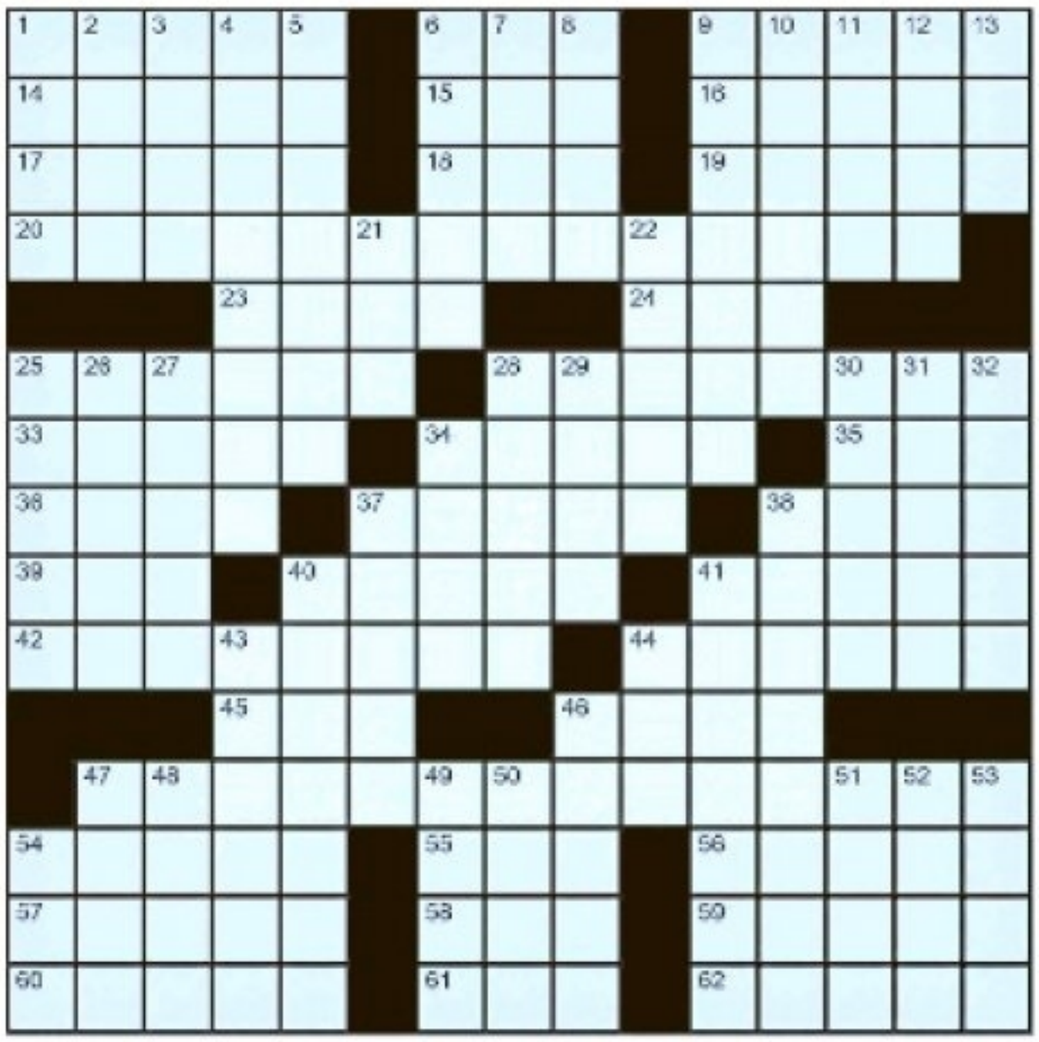
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Gives assistance
6. Following-the-morn' time
9. God
14. Kwik-_-_ ("The Simpsons" store)
15. Ghost's shout!
16. Style of rock music
17. Battle royal
18. "_ don't say!" (Wow, really?)
19. Music producer Mr. Martin (Son of Beatles producer George Martin)
20. "Dark day, windy city / Raincoat on my shoulder..." is the beginning of what Guess Who song?: 2 wds.
23. Kind of lily
24. Basketball net part
25. Bordeaux wine
28. Supplies with new employees again
33. God of wine in ancient Rome
34. Hunter's duck
35. Batch
36. Regrettably
37. Alpine dry wind
38. Caffeine nut
39. Existed
40. Words to live by
41. 'The People' in Inuktitut
42. Rhodes students
44. Uncommon
45. Where Bucharest is the cap.
46. Jump rope
47. 'Royal City' named by Queen Victoria in 1859 when it was the colony of British Columbia's first capital: 2 wds.
54. Witch assembly
55. Flat-bladed shed tool
56. Ahead of time
57. Archaically anoint
58. Unwell
59. _ diver
60. Earth
61. Entire
62. Highlander's dagger

DOWN
1. _ hearts (Health store purchase)
2. Frantic situation, e.g.
3. Movies composer Mr. Schifrin
4. Assembles/organizes
5. Driving wheel user
6. Bottomless pit, to a poet
7. Shoe's insertee
8. Roadie's gig with the band
9. Self-respect
10. 1994: "Return to Innocence" act
11. Comic actor Eric
12. Wedding cake level
13. TLC's "Say _ to the Dress"
21. Furrow
22. Fire-starting felony
25. Paw parts
26. Lavender
27. Embarrass
28. Oboist's props
29. Bounce back
30. Baking need
31. _ acid (Romaine lettuce stuff)
32. Condition
34. Achiever
37. Picture _
38. Hiker's 'bag'
40. _ around (Had goofy fun)
41. It's a problem on Winter roads
43. Nineteen Eighty-Four novelist George
44. Whiz down Whistler
46. Sniff
47. Taboo
48. One Direction's "Best Song _"
49. Mr. LaBeouf
50. Cost
51. Genuine
52. Napoleon's exile isle
53. Mr. Gosling
54. Canuck priv. sector union

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Something startling and unexpected will come from a conversation with a boss, parent or VIP today. You will be caught off guard. Don't overreact — and don't quit your day job.

Taurus April 21 - May 21
Travel plans will be canceled or interrupted today. Conversely, you might suddenly have to travel out of town when you did not expect to do so. Guard against accidents.

Gemini May 22 - June 21
Double-check information regarding debt, taxes and shared property, because something unexpected could affect your assets. Don't be in the dark; know what's happening.

Cancer June 22 - July 23
Relations with partners and close friends are hard to control today, because someone will say something that blows you out of the water. Try to be cool.

Leo July 24 - Aug. 23
Your work routine will be interrupted today. Expect computer glitches, power failures, equipment breakdowns, staff shortages and surprising news. Allow extra time so that you can deal with the unexpected.

Virgo Aug. 24 - Sept. 23
This is an accident-prone day for your kids, so be vigilant. Meanwhile, social plans might be canceled or changed.

Libra Sept. 24 - Oct. 23
Something will create havoc in your home routine today. Small appliances might break down, or minor breakages could occur. Guard against home accidents.

Scorpio Oct. 24 - Nov. 22
This is an accident-prone day for your sign, so pay attention to everything you say and do. Keep your eyes open. Stay alert, even though you feel jumpy and impulsive.

Sagittarius Nov. 23 - Dec. 21
Watch your money and cash flow today, because something unexpected will happen. You might find money; you might lose money. Guard against impulse buying that you might regret later.

Capricorn Dec. 22 - Jan. 20
Today you feel nervous and impulsive. You can't explain it, but you feel the need to do things at the drop of a hat. Good luck, because today is a crapshoot.

Aquarius Jan. 21 - Feb. 19
You feel restless today because there are so many strange vibes in the air. People are unpredictable. Today is unpredictable.

Pisces
Feb. 20 - March 20
You might meet a real character today, or perhaps someone you already know will say or do something that amazes you. Stay light on your feet so that you can go with the flow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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9								3
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7			3		9			4
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8	1	4	9	3	2	6	7	5
4	3	2	7	9	5	1	6	8
9	8	6	2	1	4	3	5	7
7	5	1	3	6	8	4	9	2
6	2	8	5	4	9	7	1	3
3	4	5	8	7	1	9	2	6
1	9	7	6	2	3	5	8	4

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